

The Fort Huachuca Scout®



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Soldiers train Page 10,11



Photo by Spc. Creighton Holub

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Remembering honor, sacrifice in Black History

SPC. MARCUS BUTLER
SCOUT STAFF

Black history month is not just another month to be recognized and dismissed. Nor is it mandatory that every person of color acknowledge it just because of the color of their skin. I celebrate it, personally 365 days a year, but this month in particular I am that much more involved in the celebration of the struggle and the sacrifices of my ancestors for the simple fact that I feel all the pain and heartache that they went through so that I can be where I am today.

Americans have recognized black history annually since 1926, first as "Negro History Week" and later as "Black History Month." What you might not know is that black history had barely begun to be studied—or even documented—when the tradition originated. Although blacks have been in America at least as far back as colonial times, it was not until the 20th century that they gained a respectable presence in the history books, as stated by Elissa Haney, writer for infoplease.com.

We owe the celebration of Black History Month,

and more importantly, the study of black history, to Dr. Carter G. Woodson. Born to parents who were former slaves, he spent his childhood working in the Kentucky coal mines and enrolled in high school at age 20. He graduated within two years and later went on to earn a Ph.D. from Harvard. The scholar was disturbed to find in his studies that history books largely ignored the black American population—and when blacks did figure into the picture, it was generally in ways that reflected the inferior social position they were assigned at the time.

African American history has played a vital role in shaping our society, culture and way of life to what it is today. Either through movements, music or literature, African American history has had a hand in it.

From the establishment of the Negro Journal of History to the Executive Order 10925, which created the Committee on Equal Employment Opportunity and mandated that projects financed with federal funds "take affirmative action" to ensure that hiring and employment practices are free of racial bias, issued by President John F. Kennedy, Blacks have made strides

in the bettering of themselves and the United States of America.

Even in times of war, Blacks have stepped to the front lines and made the ultimate sacrifice for the cause of bettering our great country. This is especially important to me and every other African American service member in the USA Armed Forces.

Some notable examples include:

The 54th Massachusetts Infantry was one of the first black units to join the Union forces in the Civil War. It was largely composed of freed black slaves from various northern states. The Unit earned its fame in the July 18, 1863, battle at Battery Wagner. It was assigned the challenge of leading the assault on this Confederate fort, which was located on an island near Charleston, S.C.

The Buffalo Soldiers, the six segregated black regiments to serve in the peace-time army, under white officers and The Tuskegee Airmen created in 1941 as the first all-black military aviation program headed by Capt. Benjamin O. Davis, Jr., who would later be-

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Scout On The Street

What did you/are you planning to do to get your sweetheart?



JOYCEFOY
CIVILIAN



PFC. SEDRICE HOUSTON
U.S. ARMY GARRISON



SGT. SABRINA SANCHEZ
USAG



VANESSA TOVARES
CIVILIAN

I want a wonderful night with intimate gifts and dinner.

I plan for an evening of flowers, chocolate and all the love I have.

I will give my unconditional love, trust and devotion.

I will give a card, candy and a few keepsakes.

The Fort Huachuca Scout

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Some veterans will pay more for medical care

VANEWSRELEASE

Secretary of Veterans Affairs Jim Nicholson announced last week that President Bush will seek a record \$70.8 billion in the fiscal year 2006 budget for the Department of Veterans Affairs (VA), with the overwhelming majority of these resources targeted for health care and disability compensation.

"This budget demonstrates the President's ongoing commitment to provide the very best health care and benefits to those veterans who count on VA the most," Nicholson said.

The FY '06 budget proposal calls for \$33.4 billion in discretionary funding — mostly for health care — and \$37.4 billion in mandatory funding, mostly for compensation, pension and other benefit programs. This represents an increase of 2.7 percent over this year's discretionary budget.

FY '06 Budget Highlights

This budget proposal guarantees that the department will be able to care for those veterans who count on VA the most.

- With this budget proposal, the President, working in partnership with Congress, will have increased health care fund-

ing for veterans by 47 percent since FY '01.

- The budget ensures continuation of the Presidential priority where VA is working closely with the Department of Defense to ensure that service members returning from Iraq and Afghanistan and their families are provided timely, high-quality services.

- VA will be able to care for more than 5.2 million patients. With this budget, the department will be able to care for a record number of our high-priority patients, those veterans counting on us the most, including veterans of Operations Iraqi and Enduring Freedom.

- The FY '06 budget proposal includes \$750 million for the Capital Asset Realignment for Enhanced Services (CARES) program, bringing the total department investment to date to \$2.15 billion. The FY '06 proposal includes 28 new outpatient clinics, funding for design work for two new medical facilities in Biloxi, Miss., and Fayetteville, Ark., as well as additional funding for five other major construction projects in Las Vegas, Nev.; Cleveland, Ohio; Pittsburgh, Pa.; Gainesville, Fla., and Anchorage, Alaska.

- The FY '06 budget request calls for a total investment of \$2.2 billion in enhanced

mental health services, which is \$100 million above this year's funding level. This budget proposal ensures a full continuum of care for veterans with mental health issues, to include comprehensive treatment for those veterans with post-traumatic stress disorder.

- The FY '06 budget calls for \$1.2 billion for prosthetics and sensory aids, a \$100 million increase over FY '05.

- Funding for non-institutional long-term care would increase by more than 18 percent over FY '05, with a total investment of \$400 million in the President's proposed budget.

- Continuing the largest expansion of the national cemetery system since the Civil War, the FY '06 budget proposal includes \$90 million for construction projects, including funds for the purchase of land for six new national cemeteries in Bakersfield, Calif.; Birmingham, Ala.; Columbia-Greenville, S.C.; Jacksonville, Fla.; Sarasota, Fla.; and southeastern Pennsylvania; and expansion of the Fort Rosecrans Annex in Miramar, Calif. The budget also includes \$32 million for new state cemetery grants.

FY '06 Budget Highlights for Legislative Proposals

The President's 2006 budget in-

cludes legislative proposals that will further ensure VA is able to care for those veterans who count on it the most. The proposals include:

- Ending all copayments for former prisoners of war;

- Ending copayments for hospice care;

- Authorizing VA to pay for emergency room care or urgent care for enrolled veterans in non-VA medical facilities;

- Allowing more resources to be devoted to the homeless providers grant and per diem program;

- Establishing a priority system for veterans receiving care in state veterans homes;

- Increasing pharmacy copayments from \$7 to \$15 for a 30-day supply of drugs; and *

- Establishing an annual enrollment fee of \$250.*

* These proposals ask that non-disabled, higher income veterans (Priority 7 and 8 veterans) assume a small share of the cost of their health care, in line with amounts required of military retirees who have served at least 20 years in uniform or who were retired early due to service-related disabilities. Under no circumstances will a veteran make a copayment of any kind for the treatment of a service-connected condition.

Budget highlights for Veterans' Health Administration

VANEWSRELEASE

The Veterans Health Administration has received record budget increases over the last four years. With this budget proposal, the President, working in partnership with Congress, will have increased health care funding for veterans by more than 47 percent since FY '01. The President's FY '06 budget proposal requests \$30.7 billion for VA's health care program.

With these resources, VA will be able to treat more than 5.2 million patients. In 2006, nearly 80 percent of veteran patients are expected to be high priority — those veterans who count on VA the most.

The President's budget request also includes \$750 million to continue the Capital Asset Realignment for Enhanced Services (CARES) program designed to modernize VA's health care system. The FY '06 proposal brings the total department investment to date to \$2.15 billion. This historic transformation means that VA will be able to provide greater access to high-quality care closer to where most veterans live.

For the last five years, the independent American Customer Satisfaction index found veterans were happier than most Americans with the health care they receive. In December, a study by the prestigious RAND Corporation reported that VA patients were also significantly more likely than non-VA patients to receive needed preventative care.

FY '06 Budget Highlights for the Veterans Benefits Administration

The President's budget proposal for FY '06 will enable the Veterans Benefits Administration to maintain record increases in educational assistance and home loan programs.

Continuing the nation's long-standing commitment to

provide educational benefits to veterans, service members and certain family members of veterans, the department will continue to offer veterans and service members educational assistance up to \$1,004 per month — a record amount — for full-time education or training in an approved institution.

VA's support to service members and veterans purchasing or improving homes through the home loan guaranty program will remain at record levels.

VA is now guarantying home loans with no down payment of nearly \$360,000 for eligible veterans, up from the \$240,000 maximum last year.

Vocational rehabilitation and employment benefits for service-disabled veterans will increase by \$64 million in FY '06, which is 11 percent more than FY '05.

Men and women still on active duty will find it easier to access VA benefits when they near the end of their military service because of the enhancements in the FY '06 budget proposal for VA programs that allow early application for disability claims and other benefits.

FY '06 Budget Highlights for the National Cemetery Administration

Over the past four years, the President has committed to the largest expansion of the national cemetery system since the Civil War. To this end, the FY '06 budget calls for \$290 million, nearly \$17 million, or 6.4 percent, more than the level for FY '05.

The FY '06 budget proposal calls for \$90 million for construction projects, including funds for the purchase of land for six new national cemeteries in the areas of Bakersfield, Calif.; Birmingham, Ala.; Columbia-Greenville, S.C.; Jacksonville, Fla.; Sarasota, Fla.; and southeastern Pennsylvania.

The 2006 budget also includes funds for cemetery expansion and improvement at the Fort Rosecrans Annex in Miramar,

Calif., and \$32 million for the state cemetery grant program. The share of veterans living within 75 miles of a national or state veterans cemetery will increase to more than 82 percent in 2006, which means that about 1.7 million more veterans will have access to a burial option in 2006 than in 2004.



Photo by Michael E. Duker

Comedians Adam Sandler and Rob Schneider visit with Walter Reed's 1st Lt. Edwin Salau (left) and Sgt. Andrew Butterworth, Soldiers who were wounded in Iraq.

Rabies a concern in southern Arizona

BY SPC. JOY PARIANTE
SCOUT STAFF

With warmer weather on its way, animals are becoming more visible around Fort Huachuca, regaining activity after their winter hiding. Although rabies statistics for Cochise County have been low, the disease is still found in this region, and represents a risk to both humans and their pets. People should remain vigilant of strange animal behaviors and stay aware of how to protect pets and families from this deadly disease.

"Rabies is a devastating virus that attacks the central nervous system of warm-blooded animals, including humans," said Capt. Christina A. Truesdale, DVM, officer in charge of the Fort Huachuca Veterinary Treatment Facility. After replicating in the nervous system, the virus travels to the salivary glands and gradually heads towards the brain and spinal cord, eventually causing death.

Rabies is most often spread through a bite from a rabid animal, however, contact with the saliva or brain tissue of an infected animal can also spread the disease, said Maj. Rebekah Sarsfield, chief, Preventative Medicine Wellness and Readiness Service, Raymond W. Bliss Army Health Center.

The disease may also be spread by if infected fluids come in contact with fresh breaks in the skin or mucous membranes such as those that line the throat, nose or mouth. Rabies cannot, however, be spread by contact with blood, urine or feces. Petting or touching fur or being sprayed by a skunk won't put you at risk, Sarsfield said.

Rabies is most commonly spread by wild animals such as bats, skunks and raccoons, but the disease can also be spread by household pets who've contracted rabies.

"Some wild animals, such as bats, can transmit rabies and never actually show signs of the disease," Truesdale said. "It is always important to assume that an animal has rabies until proven otherwise."

"The incubation period can vary from one week to over a year," Truesdale said. "Dogs and cats with clinical symptoms usually die within seven to 10 days of the onset of clinical symptoms."

Once the disease reaches the brain or spinal cord, the symptoms disappear and



Photo courtesy of U.S. Department of Agriculture

the animal dies. Truesdale warned that animals can spread the disease for up to 14 days before they show signs. "It's important to realize that a healthy looking animal can still have rabies," she said.

In humans, symptoms can take between 30 and 90 days to occur and, in most cases, by the time symptoms develop, the person goes into a coma and dies.

Symptoms of rabies in animals include a change in behavior, general sickness, wild animals that seem unusually tame, have problems swallowing, an increase in drool or saliva, excessive biting at objects and difficulty moving or paralysis.

Animals can be affected in one of two ways. They can either react in a "furious" way or a "dumb" way, according to the Center for Disease Control Web site. "Furious" animals display aggression and hostility including biting at objects. They also have excessive saliva production, causing foaming at the mouth. "Dumb" animals become timid and shy. They often reject food and experience paralysis of the lower jaw and muscles.

"Other signs of rabies in animals include difficulty walking, disorientation, sudden change in attitude, self mutilation and change in bark tone," Truesdale said.

Early human rabies symptoms include fever, headache, sore throat and feeling tired. As the disease progresses, symptoms include pain or tingling at the site of the bite, hallucinations and, fear of water due to spasms in the throat and paralysis,

Sarsfield said. By the time late disease symptoms have surfaced, the patient usually dies, she added.

"There have only been three humans that survived clinical rabies, and they all suffered severe brain damage," Truesdale said.

If a person is bitten or scratched by any animal they should wash the wound with soap and water for 10 minutes and call a doctor or local emergency room, Sarsfield said. Try to remember a visual and behavioral description of the animal that caused the bite, this will be useful to animal control when they try to locate the suspect creature.

The doctor will assess the potential for infection of the person bitten and may also administer a series of injections if the animal that caused the bite is thought to be rabid, she said.

The local animal control office or the military police should be notified of the incident so they can attempt to find the animal and observe it and/or tested for rabies. Any domestic animal, whether vaccinated or not, that bites a person must be confined for observation for 10 days. If symptoms of rabies develop or the animal suddenly dies, it should be tested for rabies, Sarsfield said. Tests for rabies are taken from brain tissue and the animal must be dead for the test to take place.

In Cochise County in 2004, three bats, five skunks and one fox tested positive for rabies, said Sheridan Stone, wildlife biologist, Fort Huachuca Wildlife Section.

The rabies total for Arizona last year was 120 cases, with rates peaking in late summer/early fall. According to Truesdale there is currently an epidemic of skunk rabies in southern Arizona with several positive cases confirmed in the state this year. The last animal to test positive for rabies on Fort Huachuca was a fox in 2003, Truesdale said.

"This disease, which is endemic in this area, or always present at some level, seems to have dropped down to about background level," Stone said. Also, despite the 16,000 to 39,000 people treated for possible exposure to rabies each year, only 39 cases of human rabies have been diagnosed since 1990 in the United States, Sarsfield said.

"Because rabies is endemic here, people should always be attentive to a few points," Stone said. These points include:

- *Vaccination of dogs, cats, horses and ferrets. Vaccines provide immunity in adult cats and dogs for three years and puppies and kittens receive an initial vaccination and a one-year follow up booster. Horses should be vaccinated yearly. Per Fort Huachuca regulations, all cats, dogs and horses residing on post must be vaccinated for rabies.

- *Stray animal control
- *Observation of leash laws
- *Prompt cleansing and examination of wounds
- *Stay away from any wild animals not acting wild

If someone sees a freshly dead, sick or abnormally behaving wild mammal in a people frequented area, animal control or the military police should be notified. Someone should keep an eye on a live animal that is suspect, so the proper authorities can locate it and pick it up. If a dead animal needs to be disposed of, a shovel or gloves should be used to handle it, and should be placed in a plastic bag or enclosed trash container, Stone advised.

If you think your pet might have rabies, use extreme caution. Call a veterinarian for advice on handling the animal and make sure no people or pets have been bitten.

"Even a loving pet can bite when affected by the disease," Truesdale said.

January water use 35 percent less than 23-year average



SCOUT REPORTS

The water pumpage for January 2005 was 34,306,000 gallons or 105 acre-feet, equivalent to 1.1 million gallons per day.

The January 2005 pumpage was 2 percent more than that

pumped in January 2004 (103 acre-feet); however it is 35 percent less than the 23-year (1982-2004) January average (162 acre-feet).

Total water pumped year to date (January: 105 acre-feet) was 2 percent more than that pumped in 2004 (103 acre-

feet).

No water was pumped at the U.S. Forest Service Air Tanker Station on Libby Army Airfield in January.

Treated effluent reuse for January was 3.8 acre-feet. This is water that did not have to be pumped from the

groundwater aquifer (a water and energy savings) to irrigate the golf course, Chaffee Parade Field and Prosser Village.

Total treated effluent delivered to the East Range Recharge Facility was 55.3 acre-feet.

Public Notice of accreditation survey Raymond W. Bliss Army Health Center

The Joint Commission on Accreditation of Healthcare Organizations will conduct an accreditation survey of Raymond W. Bliss Army Health Center on 23, 24, & 25 February, 2005.

The purpose of the survey will be to evaluate the organization's compliance with nationally established Joint Commission standards. The survey results will be used to determine whether, and the conditions under which, accreditation should be awarded the organization.

Joint Commission standards deal with organization quality and safety-of-care issues and the safety of the environment in which care is provided. Anyone believing that he or she has pertinent and valid information about such matters may request a public information interview with the Joint Commission's field representatives at the time of the survey. Information presented at the interview will be carefully evaluated for relevance to the accreditation process. Requests for a public information interview must be made in writing and should be sent to the Joint Commission no later than five working days before the survey begins. The request must also indicate the nature of the information to be provided at the interview. Such requests should be addressed to

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On the road again



Photo by Elizabeth Davie

Sgt. 1st Class Mary Stoeker and other members of the 36th Army Band play patriotic music at the Memorial Day ceremony.

SFC ROB COMER

36TH ARMY BAND OPERATIONS

The 36th Army Band flew all the way to Colorado Springs in January, to provide musical support for the 7th Infantry Division's Change of Command Ceremony at Fort Carson.

This isn't the first time the band has traveled outside of Arizona to support ceremonies at installations that do not have bands. This past summer the band supported Fort Irwin Calif. ceremonies on three separate occasions.

Due to the band's strategic location in the southwest, they are usually the first band called for support to Forts Carson, Irwin, and the Yuma Proving Grounds Ariz..

Additionally, the band is tasked on a regular basis to support Total Army Involvement in Recruiting or TAIR missions for the 6th Recruiting Brigade. The band typically supports the recruiting battalions

in Phoenix, San Diego, Los Angeles, Salt Lake City, and Denver areas, but has traveled to the Brigade HQ, in North Las Vegas, to support their change of command three times since the brigade moved there in 1999.

Outside of the military support, the 36th Army Band is a regular performer each year at numerous civic events throughout the state, from Douglas, to Flagstaff, AZ.

The band is also planning a 10-day patriotic music tour in April that begins in El Paso, Texas, and continues through New Mexico, Colorado, Utah and Nevada.

Supporting our military, and connecting the public to our nation's military through music is what Army Bands are all about. Each year the 36th Army Band logs over 75,000 miles traveling and performing throughout the southwest to carry on this proud tradition of military music.

African Americans gain fame as drivers

BY RUDI WILLIAMS

AMERICAN FORCES PRESS SERVICE

"When Gen. Patton said for you be there, you were there if you had to drive all day and all night. Those trucks just kept running. They'd break down, we'd fix them and they'd run again," said James D. Rookard, a truck driver with the famous World War II Red Ball Express.

Army Gen. George S. Patton's bold armored advance across France in 1944 is credited historically as a significant contribution to the Allied victory in Europe in World War II. The Allied breakout from Normandy and the French hedgerow country in the summer started a race to Paris and points north and east. Patton stretched his supply line to near-collapse.

Since an army without gas, bullets and food would quickly be defeated, the Army Transportation Corps created a huge trucking operation called the "Red Ball Express" on Aug. 21, 1944. Supply trucks started rolling Aug. 25 and continued for 82 days.

Men like Rookard, then 19, played a major role in the Nazis' defeat by ensuring U.S. and Allied warfighters had what they needed to sweep across France into Germany.

Nearly 75 percent of all Red Ball Express drivers, like Rookard, were African American. That's because well before and during the war, U.S. commanders in general believed African Americans had no mettle or guts for combat. Consequently, the Army relegated blacks primarily to "safe" service and supply outfits and the Navy assigned them as mess stewards. All Marines are combat troops — the Corps refused to take blacks at all until 1942.

"Red Ball Express" was the Army code name for a truck convoy system that stretched from St. Lo in Normandy to Paris and eventually to the front along France's northeastern borderland. The route was marked with red balls. On an average day, 900 fully loaded vehicles were on the Red Ball

See **RED BALL**, Page 14



Photo Courtesy Army Transportation Museum

Soldiers load trucks with rations bound for frontline troops. From left to right are Pvt. Harold Hendricks, Staff Sgt. Carl Haines, Sgt. Theodore Cutright, Pvt. Lawrence Buckhalter, Pfc. Horace Deahl and Pvt. David N. Hatcher. The troops were assigned to the 4185th Quartermaster Service Company, Liege, Belgium.

AF gets taste of Army culture

BY SPC. SUSAN REDWINE
SCOUT STAFF

Is there a rivalry between the Air Force and the Army? Not for the students and instructors of the Staff Weather Officer course, who spent four days and three nights last week in the field at Site Maverick.

The Staff Weather Officer course teaches Air Force personnel who are crossing into the green to become familiar with the Integrated Meteorological System and Army culture, said Bill Simcox, course developer.

Simcox said the first week of the four-week course introduces Airmen to Army organization and rank structure, the military decision making process and intelligence preparation of the battlefield.

The second week introduces the students to the Army's weather system, the IMETS, the third week is spent doing field exercises and the last week is a capstone course at the Joint Intelligence Combat Training Center, where the students apply all they have learned and brief officers in the Officer Basic Course on real-time weather data.

During the capstone exercise, students are expected to give battle update briefs and commander briefs on the weather intel, Simcox said.

Since the Air Force split with



the Army in 1947, Simcox said the Air Force agreed to provide weather support to the Army, which doesn't have weather personnel of its own. Many of the Airmen will be going to their first Army duty station, and the purpose of the course is to teach the students what to expect of their assignment.

"It prepares Air Force personnel to support Army customers before they get to their next duty station," Simcox said.

"It gives the blue-suiter an opportunity to see the Army before they get there."

During the field training, students are familiarized with weapons, exposed to setting up and reacting to an ambush, setting up camouflage netting, using the IMETS under tactical conditions and day and night land navigation, said Sgt. John Rynders, Company B, 304th Military Intelligence Battalion, noncommissioned officer in charge of the field training.

"The tactical firing and ambush classes are sometimes the most important ones," Rynders said. "That may be all they get before they go downrange."

He said the students have a wide variety of experience with field training coming into the class. By the end of the field exercise, the students are on the same page, he said.

Capt. Jacob Thomas, 19th Air Support Operations Squadron, Fort Campbell, Ky., said he'd only been at Fort Campbell for about two weeks before attending the course here.

"The training is worth it," he said. "I had limited knowledge about Army organization before I came here."

"The chance to interact and ask questions does a lot of good."

Thomas said that although he's done field training before, the training on at Fort Huachuca had been the coldest and windiest that he'd encountered.

"I look forward to going to the field, but after about the second day, I begin to appreciate clean clothes and showers," he said.

Thomas also said the two services have different ways of working and emphasize different leadership styles. He said the Army places more responsibility on younger Soldiers.

"It's definitely a different world, a different kind of military," he said. "I prefer working for the Army, and I prefer living with the Air Force."

"It's fun working with another service," Rynders said. "You get a different point of view."

"They come out saying they want to be 'hooah' like the Army," Rynders said. "There's not a lot of hate going back and forth, just some little jokes."

The students aren't the only ones learning during the course. The Soldiers leading the field training also use the opportunity to learn from their sister service.

"We learn about the experiences of places they've been but we never get to go," he said.



Photos by Spc. Susan Redwine

Senior Airman Adam Mawhorr uses a tree as concealment during the force-on-force training for the Staff Weather Officer field training exercise Feb. 3 at Site Maverick.



Senior Airman Jackie Miller and Tech. Sgt. Todd Morris look for landmarks in the direction of the point their team must find on the land navigation course at Site Maverick Feb. 2.



Tech. Sgt. David Gray makes contact with cadre of the Staff Weather Officer course to find out the grid coordinates for the next point in his team's land navigation exercise Feb. 2 at Site Maverick.

Recycling program drains motor pools

BY SPC. CREIGHTON HOLUB
SCOUT STAFF

The post has implemented an oil and antifreeze recycling programs to keep hazardous materials out of the environment and the drinking water supply.

Post residents may take their used motor oil to the post's RPM Car Care Center according to a pair of local environmental protection assistants. Off-post workers and Soldiers need to deposit their used automotive products at civilian auto shops.

Nora Chamberlain and Laurie Genz, both at the hazardous waste warehouse, run the post's oil and used antifreeze recycling programs.

"If you're a resident up here, your oils and the rest of the automotive fluids go to the car care center," Chamberlain said. "We set up a used oil tank at the car care center that is for the residents. The personnel at the car care center visually inspect it to make sure it doesn't have a lot of gasoline or contaminants on it. They add it to the residential used oil tank. They will also take the antifreeze and the antifreeze goes into their antifreeze drum for recycling."

The post had an environmental problem before the recycling program was developed. The hazardous materials team was finding various containers from milk jugs to cranberry juice bottles filled with oil "all over this post," Cham-

berlain said.

"It was because people didn't know what to do with it," Chamberlain said. "That was costing us money because we were having to bring it in. And we would have to test it to see what exactly was in it."

The recycling programs not only reduced the costs associated with locating the used products, but now bring money back to the post from a Tucson-based recycling contractor that pays the post for petroleum products. Last year the post captured almost 15 thousand gallons of petroleum products.

Another part of the post's recycling effort is the antifreeze recycling program. The antifreeze recycling center has operated since June 2004.

"It's recycled here on post and it's returned to the units. It actually works out to where its pennies on the dollar rather than paying anywhere from \$12-\$18 for a gallon of antifreeze," Chamberlain said. "It saves the units thousands of dollars on the year."

These savings start with residents taking their byproducts to the RPM car care center and with motor pool mechanics collecting the byproducts from their unit's vehicles.

The larger motor pools use underground storage tanks while the smaller motor pools have above ground storage tanks for the various byproducts. The antifreeze is collected in 55-gallon drums.

The next step in the process is testing

the materials for contaminants.

"Once a year we go out to all the (military) units and all the civilian units, and we pull annual samples for the used oil," Chamberlain said. "We check these to make sure there are no contaminants in them so they can be recycled."

The antifreeze is collected and put through the post's recycling center and returned to the units. The oil and other petroleum byproducts are picked up by the Tucson recycler.

The motor pool mechanics also go through quarterly training on how to properly inspect, collect and store their unit's byproducts. The class is 40 hours long with shorter refresher classes.

The hazardous materials team has a wealth of information available to the public. The team also performs courtesy inspections for military and civilian units, and combats illegal "wildcat" dumping, a violation of the clean water act, through the recycling programs.



Photo by Nora Chamberlain

Black History Month

Officer sacrifices life to stop an enemy advance



John Robert Fox

Rank and organization:
First Lieutenant, Infantry, U.S.
Army Cannon Company, 366th
Infantry Regiment, 92nd Infantry
Division

Place and date:
Sommocolonia, Italy, 26 December 1944

Citation: For extraordinary heroism against an armed enemy in the vicinity of Sommocolonia, Italy on 26 December 1944, while serving as a member of Cannon Company, 366th Infantry Regiment, 92d Infantry Division. During the preceding few weeks, Lieutenant Fox served with the 598th Field Artillery Battalion as a forward observer. On Christmas night, enemy soldiers

gradually infiltrated the town of Sommocolonia in civilian clothes, and by early morning the town was largely in hostile hands. Commencing with a heavy barrage of enemy artillery at 0400 hours on 26 December 1944, an organized attack by uniformed German units began. Being greatly outnumbered, most of the United States Infantry forces were forced to withdraw from the town, but Lieutenant Fox and some other members of his observer party voluntarily remained on the second floor of a house to direct defensive artillery fire. At 0800 hours, Lieutenant Fox reported that the Germans were in the streets and attacking in strength. He then called for defensive artillery fire to slow the enemy advance. As the Germans continued to press the attack towards the area that Lieutenant Fox occupied, he adjusted the artillery fire

closer to his position. Finally he was warned that the next adjustment would bring the deadly artillery right on top of his position. After acknowledging the danger, Lieutenant Fox insisted that the last adjustment be fired as this was the only way to defeat the attacking soldiers. Later, when a counterattack retook the position from the Germans, Lieutenant Fox's body was found with the bodies of approximately 100 German soldiers. Lieutenant Fox's gallant and courageous actions, at the supreme sacrifice of his own life, contributed greatly to delaying the enemy advance until other infantry and artillery units could reorganize to repel the attack. His extraordinary valorous actions were in keeping with the most cherished traditions of military service, and reflect the utmost credit on him, his unit, and the United States Army.

Range Closures

Thursday – AA, AC, AD, AF, AG, AK, AL, AO, AS, AU, AW, AX, T1, T1A, T2
 Friday – AA, AC, AD, AF, AG, AL, AO, AS, AU, AW
 Saturday – AC, AD, AF, AL, AM, AN, AR, AU
 Sunday – AC, AD, AF, AG, AL, AR, AU, AW
 Monday – AF, AG, AH, AK, AL, AR, AU, AW, T1 T1A, T2
 Tuesday – AC, AD, AH, AK, AL, AM, AR, AU, AW, T1, T1A, T2, T3
 Wednesday – AL, AM, AR, AU, AW, T1, T1A, T2, T3
 For more information, call 533-7095. Closures subject to change.

Unit sponsored training

Army Community Service is offering a unit sponsorship training class at 1:30 p.m., today, at the ACS Building 50010. Good sponsorship is an important factor in the quality of life of the inbound Soldier and family member. Let ACS assist you in training effective sponsors.

Please register by calling ACS at 533-2330.

Book drive

A children's book sponsored by the Sierra Vista Optimist Club will commence from Wednesday through Apr. 1. The drop off points for the drive is Cochise College Library, Sierra Vista Campus, Landmark Cafe and Borgstadt Chiropractic Office. For more information, call Barbara Schirmer at 378-1062, or Mary Watts at 459-2711.

Registration announcement

Wayland Baptist University began Spring Term registration on Feb. 2 at the Army Education Center and at our downtown campus at 1840 Paseo San Luis. Registration lasts two and a half weeks. WBU provides daytime, evening and online classes. Wayland offers Bachelor's and

Master's degrees, as well as, Arizona Teacher Certification. For a free evaluation, call 459-6111.

Controlled burning

A 1,000-acre burn will occur approximately two weeks after completion of smaller burn when weather and other conditions permit.

Fort Huachuca Fire Department officials will release information when plans are finalized. For information about the controlled burn, call the Emergency Communications Center at 533-2116.

Concerts

The 36th Army Band and Buena High School Band will be performing in a combined concert at 7 p.m., on Feb. 17 at the Buena Performing Arts Center. The 36th Army Band will hold a concert at 3 p.m., on Feb. 27, at Oscar Yrun Community Center, "A celebration of African American Music." For more information, call 533-3653.

Telephone directories

The new Cochise County telephone directories are available for pickup at the Official Mail and Distribution Center of the Directorate of Information Management, US Army Garrison. The OMDC is located in the back of building 22408 at Christy Avenue and Butler Road. Operating hours are 7:30 a.m. – 4 p.m. For more information, call Ms. Gayle Olson at 533-3932.

Memorial project

In honor of the upcoming 15 year anniversary of Operation Desert Shield-Storm, a tribute to fallen service members is being put together. If you have a family member, friend or fallen comrade to whom you wish to pay tribute, please consider contributing to "Letters in the Sand." The success of this project will greatly depend on the kindness and gen-

erosity of the larger military community. For more information, e-mail Terrisa Karaus at desertstormletters@yahoo.com, or mail "Letters in the Sand", post office box 485, Mt. Sterling, Ky., 40353.

Newcomer welcome

Army Community Service wants to welcome newcomers to the Fort Huachuca community. The Huachuca Welcome - a newcomer's orientation - is scheduled for 9 a.m., Feb. 23 at Murr Community Center. The orientation will provide information about the installation and the community. A tour of the post is provided. Pre-register for the welcome by ACS at 533-2330. For more information, call Pamela Allen at 533-5919.

Conservation Committee

The quarterly meeting of the Fort Huachuca Conservation Committee will be held on Wed. in the 111th MI Brigade Conference Room, Building 51005, from 10 a.m. to 11:30 a.m. The chair for this quarterly conservation committee meeting will be COL Jonathan B. Hunter, Fort Huachuca Garrison Commander. The meeting will provide updates on several local natural resources and conservation programs including current activities on Fort Huachuca, the Upper San Pedro Partnership, and the City of Sierra Vista. The Program speaker will be Mr. Jim Hessil, Wildlife Biologist, of the Environmental and Natural Resources Division, Directorate of Public Works, Fort Huachuca. For more information, call Robert Bridges at 533-1863.

CSM/SGM Invitation

In an effort to keep the retired Military Intelligence Sergeants Major community more closely involved with the current Military Intelligence Sergeants Major community, the Command Sergeant Major of the Military Intelligence Corps is extend-

ing an invitation for retired Military Intelligence Sergeants Major to attend a social gathering at the Thunder Mountain Activity Center on Mar. 6 from 6 p.m. to 8 p.m. Many recently conferred Command Sgt. Maj. / Sgt. Maj. will be at this social and the hope is that they will benefit from the engaging conversation and experience of those retired Command Sgt. Maj. / Sgt. Maj. in attendance. This social engagement is part of the 2005 Worldwide Military Intelligence Command Sgt. Maj. / Sgt. Maj. Conference, where the top senior enlisted Military Intelligence professionals from around the world will meet at Fort Huachuca to discuss the future of Military Intelligence amidst the ongoing re-structuring of our Army Intelligence units. For more information, or to reserve your seat, call William A. Hedges at 533-4216 or e-mail at william.hedges@hua.army.mil before Feb. 25.

Brown Bag lunch, workshop

The Special Emphasis Program Committee is sponsoring a Brown Bag Lunch & Learn Workshop on "Colors" which describes methods of determining which personality traits you or your fellow employees have a tendency to display. To reserve your space for this informative lunch and learn workshop, call Ms. Gail Mortensen at 533-2330. Civilian and Military Personnel are invited.

Free fencing materials

The Fort Huachuca Housing Office has landscaping and fencing material available for free for Fort Huachuca housing residents interested in making improvements to their yard. Some components for a fence such as posts and cement will be required to install the chain link fencing and will need to be purchased at the soldier's expense. The supply of fencing materials is limited. For more information, call Tanga Lewis at 538-5032.

Chaplain's Corner

Season of Lent

CHAPLAIN (MAJ) ROBERT N. NESKE

DEPUTY NETCOM CHAPLAIN

This week marks the beginning of the Christian season of Lent. Lent is a solemn 40 day observance that prepares us for Easter, beginning with Ash Wednesday.

Historically Lent provided a time when new converts were prepared for baptism.

It was also a time when wayward believers were reconciled by penitence and forgiveness and thus restored to the fellowship of the Church.

Over the years however the intent of the season: preparation, repentance, forgiveness and restoration, was extended to include not just those new to the faith, but all who believe in Christ.

Regardless of our traditions, all Christians would agree that Easter is the most significant date in the Christian calendar. It challenges us to examine the quality of our lives in the light of the cross.

We should consider the ways in which we have let God down and seek His forgiveness.

We must also consider those whom we have hurt or offended and seek their forgiveness.

Lent is also the perfect time of the year to examine the priorities of our lives.

Where does God fit in our day to day activities?

What have we done to show our spouses and families how important they are to us?

How important has it been for us to be with other believers?

How have I reached out to those less fortunate? How much stronger in my faith am I now, than I was a year ago?

In this solemn season we are invited to consider the Word of God to the prophet Joel: "Return to me with all your heart... Rend your hearts and not your clothing. Return to the LORD your God, for he is gracious and merciful, slow to anger and abounding in steadfast love." (2:12)

RED BALL, from Page 6

route round-the-clock with drivers officially ordered to observe 60-yard intervals and a top speed of 25 miles per hour.

At the Red Ball's peak, 140 truck companies were strung out with a round trip taking 54 hours as the route stretched nearly 400 miles to First Army and 350 to Patton's Third. Rookard recalled convoys rolling all day every day regardless of the weather. Night driving was hard because of blackout rules.

"We had to drive slowly at night because we had to use 'cat eyes,' and you could hardly see," he said. "If you turned on your headlights, the Germans could bomb the whole convoy. So we had to feel our way down the road." "Cat-eyes" were slitted headlight covers that reduced light to a dim beam on the highway.

Nobody wanted to invite air or ground ambushes — only some trucks had .50-caliber machine guns for defense, he said. The drivers carried only carbines.

The strain on personnel and equipment began to show. Drivers wanted to live up to their growing reputation among combat units and reporters, who sent home news stories about their exploits. They regularly began to ignore speed and weight limits and their own fatigue. The number of one-vehicle accidents climbed. The solution was easy — the Army assigned relief drivers to ride shotgun.

"We hauled anything Gen. Patton needed," said Rookard, who was drafted into the Army in March 1943 and was discharged in December 1946. "We

took supplies all the way to the front line, back and forth, back and forth. Some of the fellows ran into ambushes, but my company, Company C, 514th Quartermaster Regiment, didn't. We were lucky, because there was shooting all around us. The Germans had 'buzz bombs' (V-1 missiles). They were set to fly a certain amount of miles and (then) drop just like a bomb. We had to watch out for those.

"My worst memories of being in the Red Ball Express were seeing trucks get blown up and being afraid that I might get killed," said Rookard of Maple Heights, Ohio. "There were dead bodies and dead horses on the highways after bombs dropped. I was scared, but I did my job, hoping for the best. Being young and about 4,000 miles away from home, anybody would be scared."

Rookard, who became a Cleveland city truck driver after the war and retired in 1986, said the only fond memory he has is that of the French people, who treated African Americans nice.

"Some of the white soldiers told the French people that black soldiers had tails and stuff like that," he said. "But other than that, our company didn't have too much trouble with segregation and discrimination."

When the program ended in mid-November 1944, Red Ball Express truckers had delivered 412,193 tons of gas, oil, lubricants, ammunition, food and other essentials. By then, 210,209 African Americans were serving in Europe and 93,292 of them were in the Quartermaster Corps.

NOTICE, from Page 5

Division of Accreditation Operations
Office of Quality Monitoring
Joint Commission on Accreditation of
Healthcare Organizations

One Renaissance Boulevard
Oakbrook Terrace, IL 60181

Or

Faxed to 630-792-5636

Or

E-mailed to complaint@jcaho.org

The Joint commission's Office of Quality Monitoring will acknowledge in writing or by telephone requests received 10 days before the survey begins. An account representative will contact the individual requesting the public information interview prior to survey, indicating the location, date, and time of the interview and the name of the surveyor who will conduct the interview.

This notice is posted in accordance with the Joint Commission's requirements and may not be removed before the survey is complete.

See the Scout on the Web at
huachuca-www.army.mil

HISTORY, from Page 2

come the first African-American Air Force general.

"I have seen a land right merry with the sun; where children sing, and rolling hills lie like passionate women, wanton with harvest. And there in the King's Highway sat and sits a figure, veiled and bowed, by which the traveler's footsteps hasten as they go. On the tainted air broods fear. Three centuries' thought has been the raising and unveiling of that bowed human heart, and now, behold, my fellows, a century new for the duty and the deed. The problem of the twentieth century is the problem of the color line," said W.E.B. DuBois.

Even though we have come such a long way as African Americans, we still have quite a long ways to go. As long as we keep making steps forward

such as having the first African American female as Secretary of State, we are headed in the right direction. Together we will get there.

"We know through painful experience that freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed. Frankly I have never yet engaged in a direct action movement that was 'well timed,' according to the timetable of those who have not suffered unduly from the disease of segregation. For years now I have heard the word 'Wait!' It rings in the ear of every Negro with a piercing familiarity. This 'wait' has almost always meant 'never.' We must come to see with the distinguished jurist of yesterday that 'justice too long delayed is justice denied,' said Dr. Martin Luther King, Jr.

Volunteers are needed for the March 1-3 Army Family Action Plan conference.

Organizers need to fill the following positions:

Delegates	11
Transcribers	3
Recorders	3

Volunteers are also needed for Registration and Hospitality.

Call 522-3686 to sign up.



Sgt. 1st Class Phillip Shulsky, Company A 306th Military Intelligence, practices his baton swing during quarterly Quick Reaction Force training Jan. 27 at Brock Baseball Field. Shulsky is the noncommissioned officer in charge of the force's B team.

Quick Reaction Force tra

BY SPC. CREIGHTON HOLUB
SCOUT STAFF

When the terrorist attacks of Sept. 11, 2001 took place, 1st Sgt. Timothy Soliz was an instructor at the post Noncommissioned Officer Academy administering the Army Physical Fitness Test.

Soliz, Headquarters and Headquarters Company, 306th Military Intelligence Battalion, was working with advanced NCO Course students that morning. The instructors told the students the news as they crossed the finish line of the two-mile run event. Car radios were then turned on as the Soldiers listened to the news.

Then Soliz got the call to go to work. As the sergeant in charge of the post Quick Reaction Force (QRF), he immediately moved into action to protect the fort from possible attacks.

"They said, 'Hey, can you give us a couple of hours?' and I came back 11 days later," Soliz said. "When 9/11 hit, QRF was alerted and immediately sent to the emergency operations center. There they got their instructions for where we were going to set up our guard points around post. We augmented the MPs who were setting up their various guard stations around post too."

There were no incidents requiring his team to react, but they were ready.

The post has added more training for the QRF Soldiers to learn because today's battleground has changed,

but their mission has stayed the same. The mission is also the same whether in a garrison or tactical, war zone-type environment, said Capt. Randolph Morgan, 18th Military Police Detachment.

The Soldiers receive riot control training that includes baton and shield work. They also qualify on their weapons just before their units go on call for a month. The post QRF is a rotating monthly job held by the units.

"I didn't get the training these guys got this month, but I got to perform as if I had the training," Soliz said. The training runs two to three months for one month of QRF duty pulled by a unit.

"They conduct specific missions they've trained for," Morgan said. "The QRF mission is not an 11-series (infantry) mission. It's a soldiering mission. The kind of missions the QRF trains for varies."

The training encompasses riot control training, first aid and other overlapping basic soldiering skills. Zeroing and qualifying on the M16 are requirements that fall into both QRF and soldiering operations.

"(The training) fits into what we do for Common Task Training and what they might see out there (in war)," Soliz said. "Depending on where they go, they will have a step up on a lot of Soldiers who don't get to experience being part of a QRF. Being part of QRF also helps build leadership skills for these guys to be put in a team leader or a squad leader position."

The training rarely conflicted with regular duty hours.



Photos by Spc. Creighton Holub

Sgt. Chris Arevalo, Headquarters and Headquarters Company, 306th Military Intelligence Battalion, practices riot control techniques with other Soldiers at Brock Baseball Field Jan. 27. The Quick Reaction Force uses batons and shields in various defensive and offensive formations to complete their missions when called up.

ains for duty

“We almost always held training on Thursdays,” said Sgt. 1st Class Phillip Shulsky, Company A 306th MI Bat. The unit performed training in December and January in preparation for this month’s on call status.

The current QRF mainly consists of 306th Military Intelligence Battalion Soldiers with a sprinkling of Soldiers from other units.

When it came time for his unit’s turn, Soliz hand picked his team. He used a pair of main criteria to pick the members: non-mission essential personnel and the highest motivated Soldiers among those personnel were his first picks.

The Soldiers on call still live their regular quarters and performs their same duties as before. After their month of duty is complete, they go back to their regular duties.

Soliz has first hand experience in quick reaction units after a one-year tour in Korea. There he was assigned to a static Perimeter Defense Force, which is similar to a mobile QRF.

A Perimeter Defense Force digs into predetermined locations near a post’s border “on the ‘wall’ until properly relieved,” Morgan said.

While the perimeter forces have specific locations, Quick Reaction Forces rely on “rally points.” Morgan said. A rally point is a location that may be determined on the fly by a group leader or may be a predetermined spot for the team to meet at during a mission.

The Fort Huachuca force stages its missions at the MP barracks. Once the mission is complete, it returns to the barracks for further instructions. From the initial call up until dismissal, the unit is under the operational control of the military police to assist and bolster the military police.

“If something happens, riots taking place or demonstrations, which happen a lot in Korea, the Perimeter Defense Force would be called up and they provide se-



The Quick Reaction Force performs baton training as part of its riot control training. The 18th Military Police Detachment trains the force on basic riot control principles quarterly.

curity,” Soliz said. “They had their positions around post that they were stationed at. They went through a lot of hands-on training similar to what we go through with the QRF. They got real life training a number of times in the 12 months I was there.”

His perimeter force also saw small action when demonstrators went to an airfield.

“During a demonstration in Korea, some Molotov cocktails came flying over our perimeter fence and a set a part of my unit’s area of operations on fire,” Soliz said. “The grass fire required quick response from some Soldiers. It was exciting because we got to do something that was for real.”

The Army recently changed its basic combat training curriculum to include QRF operations for many of its new Soldiers. The new boot camp also focuses more on tactical training such as clearing and securing buildings, longer field training and more anti-terrorism training.

“Back in 1989 we weren’t quite as worried about terrorism as we are in 2005,” Soliz said. “We were worried about the Soviets back then. Soviet nowadays is not even part of our vocabulary.”



Spc. Mariah Crawford, Company A 306th Military Intelligence Battalion, strikes at Pfc. Ivy Antonio, Headquarters and Headquarters Company 306th MI, while reviewing the blocking technique during the Jan. 27 Quick Reaction Force training at Brock Baseball Field.



Sgt. Michael Brooks, Company B 40th Signal Battalion, instructs the Quick Reaction Force Soldiers at Brock Field Jan. 27. Brooks was a member of a previous force and assisted the 18th Military Police Detachment teach techniques to the new force.



Service News



Tops in Blue seeks musicians

Tops in Blue, the Air Force's premier entertainment group needs keyboard players, drummers and guitarists. They also need to fill the horn and rhythm sections.

Tops in Blue is an all-Air Force entertainment troupe that provides a free, high-energy, 90-minute musical extravaganza to military forces stationed worldwide. In its mission to boost morale, the team visits more than 120 locations worldwide in more than 30 countries, entertaining more than 350,000 military and family members from May to February each year.

Now is the time for Air Force instrumentalists, as well as singers, dancers and comedians to compete for spots in this elite group. The Worldwide Talent Contest is March 6 to 14 at Lackland Air Force Base, Texas. Besides competing for recognition as the best performers in five separate categories, participants also will vie for 30 positions in Tops in Blue 2005.

Entrants do not need to be professionally trained nor do they need to know how to read music.

Although the application deadline has passed, people still interested in competing in the Air Force Talent Contest and auditioning for Tops in Blue 2005 should call the Air Force Entertainment Office at 210-652-6566 or DSN 487-

6566. Airmen can obtain an application through the Air Force Services Web site at www.afsv.af.mil.

Center for Information Dominance established

The Navy announced the provisional stand-up of the Center for Information Dominance Corry Station in Pensacola, Fla. Jan. 10.

The center was created by the merger of the Center for Information Technology, headquartered in San Diego, and the Center for Cryptology Corry Station, Pensacola, Fla.

One of the latest initiatives in the Chief of Naval Operations' Revolution in Training, the move integrates the training responsibilities for the four key disciplines of information dominance - exploit, attack, defend and operate - under one learning center. Prior to the merger, CIT was responsible for the training of personnel specializing in network operations for the United States and allied forces, while CC Corry Station had oversight responsibilities for training of signals intelligence.

CID responsibilities include administering more than 225 courses and managing a staff of more than 700, with the charge of training nearly 16,000 members of the U.S. armed services, including the U.S. Coast Guard and allied forces

each year. There are 17 CID learning sites throughout the United States and overseas.

Citadel seeks competitors

One of the toughest endurance courses in the nation is returning to The Citadel, April 16.

The 9th Annual Bulldog Challenge will be held at the military college in Charleston, S.C. and is open to male and female service members and civilians. The event is hosted by the Semper Fidelis Society at The Citadel and features nearly 300 competitors a year.

The endurance course is a seven to eight mile race, pitting four-person teams against their competitors, obstacles and the clock. The race features a range of challenges such as the Marine Corps obstacle course, a quarter-mile "Fireman" carry, stadium runs, leadership and teamwork oriented challenges.

Participants must be 18 years or older. The event is scheduled to begin at 9 a.m., April 16.

Teams will be divided into all-male, all-female and coed categories.

For more information, or to register for the event, visit www.geocities.com/bulldogchallenge_citadel. Online registration ends at 4 a.m., April 14.

Ultimate sacrifice paid in support of OIF



Sgt. 1st Class Sean M. Cooley, 35, from Ocean Springs, Miss., died Feb. 3 in Northern Babil Province, Iraq, when his vehicle was struck by an improvised explosive device. Cooley was assigned to the 150th Engineer Battalion, 155th Armor Brigade, Lucedale, Miss.

Sgt. Stephen R. Sherman, 27, from Neptune, N.J., died Feb. 3 in Mosul, Iraq, from wounds sustained when an improvised explosive device detonated near his vehicle. Sherman was assigned to the 1st Battalion, 5th Infantry Regiment, 25th Infantry Division, (Stryker Brigade Combat Team) Fort Lewis, Wash.

Lance Cpl. Sean P. Maher, 19, of Grays Lake, Ill., died Feb. 2 as a result of hostile action in Al Anbar Province, Iraq. He was assigned to 1st Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, Marine Corps Base Hawaii.

Spc. Robert T. Hendrickson, 24, from Broken Bow, Okla., died Feb. 1 in Baghdad, Iraq, from wounds sustained when his military vehicle overturned. Hendrickson was assigned to the 2d Battalion, 5th Cavalry Regiment, 1st Cavalry Division, Fort Hood, Texas.

Sgt. 1st Class Mark C. Warren, 44, from LaGrande, Ore., died Jan. 31 at Kirkuk Air Base, Iraq from non-combat related injuries. Warren was assigned to the 3d Battalion, 116th Armor Cavalry Regiment, 116th Brigade Combat Team (Forward), LaGrande, Ore.

Lance Cpl. Jason C. Redifer, 19, of Stuarts Draft, Va., **Lance Cpl. Harry R. Swain IV**, 21, of Cumberland, N.J. and **Cpl. Christopher E. Zimny**, 27, of Cook, Ill. died Jan. 31 as a result of hostile action in Babil Province. They were all assigned to 1st Battalion, 2nd Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Barbara Heald, 60, of Stanford, Conn., died Jan. 29 in Baghdad, when the Republic National Palace was hit by a mortar round. Heald worked for the Project and Contracting Office - Finance.

Spc. Lyle W. Rymer II, 24, of Fort Smith, Ark., died Jan. 28 in Baghdad, when he was shot by enemy forces. Rymer was assigned to the Army National Guard's 239th Engineer Company, 39th Infantry Brigade, Booneville, Ark.

Staff Sgt. Joseph E. Rodriguez, 25 of Las Cruces, N.M., died Jan. 28 in Baghdad, when an improvised explosive device struck his armored vehicle. Rodriguez was assigned to the 8th Engineer Battalion, 1st Cavalry Division, Fort Hood, Texas.

Staff Sgt. Jonathan R. Reed, 25, of Opelousa, La., **Spc. Michael S. Evans II**, 22, Marrero, La. and **Spc. Christopher J. Ramsey**, 20, of Batchelor, La. died Jan. 28 in Baghdad, when an improvised explosive device struck a nearby vehicle. All were assigned to the Army National Guard's 1088th Engineer Battalion, 256th Brigade Combat Team, New Roads, La.

'Ladies of Laughter' Comedy Show tomorrow at TMAC



Kristin Key



Luenell



Jessi Campbell

Entertainment Max will present the "Ladies of Laughter" Comedy Show live at 10 p.m., Feb. 11, at the Thunder Mountain Activity Centre.

Opening the show will be the up-and-coming young female comic, Jessi Campbell. Also featured in the show will be a rising young star from Tucson, Kristin

Key.

Headlining the show will be the comedic energy force known as "Luenell." Luenell is 16-year veteran of movies, television and live performances. Luenell's comedy tells a story everyone can relate to.

The show features adult entertainment, and is open to the

public 18 and older.

Tickets are \$15 in advance and \$20 at the door. They are available now at TMAC, Time Out, MWR Box Office, during bingo at LakeSide and at Sierra Vista Safeway.

For more information, call 533-3802.

Little League Registration

Registration for the Fort Huachuca Youth Sports Little League program is now in progress and will continue through Mar. 18. Youth wishing to participate can sign up at either the Youth Center or Murr Community Center.

Those registering should bring their birth certificate and a current sports physical.

The program is open to youth ages 5 - 15, whose parents are active duty or retired military, Department of the Army civilians, Nonappropriated Fund employees or contractor employees. Youth must also be members of Child and Youth Services. For CYS registration, call 533-0738.

Cost of the program is \$35 for the first child; \$30 for the second child; and \$25 for the third child in the same family.

Coaches are needed for all age groups. For more information, call the Youth Sports Office at 533-8168 or 533-3205. Opening day for the Little League baseball program is tentatively scheduled for April 16.

BFH hours during AF Boxing

Barnes Field House will be open the following days and hours during the 2005 Armed Forces Boxing Championships: 5 a.m. to 9 p.m., Feb. 14, 15 and 18; 5 a.m. to 2 p.m., Feb. 16 and 17; and 8 a.m. to 2 p.m., Feb. 19.

The basketball courts will be closed from 8 a.m., Feb. 15 to 8 a.m., Feb. 20.

The cardio/fitness room will be open the same hours as BFH, during the boxing tournament.

The volleyball court will be closed from Feb. 15 to 8 a.m., Feb. 20.

For more information, call Richard Silva at 533-2022.

Special hours at Eifler President's Day

Eifler Fitness Center will be open 8 a.m. - 5 p.m., Feb. 21, President's Day.

For more information, call Lisa Franklin at 533-4723.

February special at MWR Rents

During February, MWR Rents is offering the following special: rent the party room for \$30 for two hours.

For more information, call Glen Barnwell at 533-6707.

Time Out open President's Day weekend

Time Out will be open the following dates and hours for a President's Day weekend celebration: 5 p.m. - midnight, Feb. 17, for wind-down to the weekend; 9 p.m. - 4 a.m.,

Feb. 18, with Hip Hop music by DJ Slim and free munchies; 9 p.m. - 4 a.m., Feb. 19, featuring Latin mix music with free munchies; and 9 p.m. - 4 a.m., Feb. 20, mix of all kinds of music and free munchies.

Admission is free Feb. 17. The regular cover charge of \$4 will apply Feb. 18 and 19, but admission will be half-price for everyone who arrives before midnight those two nights. The cover charge for Feb. 20 will be \$2 all night.

New classes at the MWR Arts Center

MWR Arts Center will offer a basic photography class beginning Feb. 24. The class teaches the basics of cameras, film and photo composition.

A class on decorating gourds is also being planned. The class will teach you how to decorate gourds with beads and color. A minimum of three students are needed for this class, so call if you are interested.

The MWR Arts Center also offers art classes for children. The "Little Hands" children's arts and crafts program is offered from 10:30 - 11:30 a.m., Saturdays at the MWR Arts Center. The program is open to children age 5 - 12.

Cost of the Little Hands program is \$6 per class or \$10 for two classes.

For more information on these or any other classes, call 533-2015 or stop by the MWR Arts Center, located on Arizona Street, across from the Commissary.

MWR Box Office has tickets for TCC

The Tucson Convention Center has some exciting events scheduled, and MWR Box Office has tickets for the following: Monday, Queensryche in concert; Tuesday, "A Night to Remember with the Mills Brothers, the Ink Spots and the Four Lads;" Feb. 18 and 19, Tucson Ice Cats hockey team versus Arizona State; Feb. 20, "The 6th Annual Sunday Nite Slow Jams LIVE!" featuring: Boyz II Men, Mario, Tony! Toni! Tone!., John Legend, Natalie, J Roman and more; Mar. 4 - 6, U.S. Hot Rod Monster Jam; and Mar. 5, BB King in concert.

TCC event tickets may be purchased 10 a.m. - 4 p.m., Mon. - Fri. only.

Don't forget that spring break is coming up soon, and the Box Office can help with your travel and vacation plans, including hotel reservations.

Call 533-2404 for more information or drop by the MWR Box Office located in Bldg. 52008 on Arizona Street, across from the Commissary. They're open Monday - Friday, 9 a.m. - 5 p.m.

AFAP conferences seek volunteers

Fort Huachuca teens have a chance to make a difference by becoming a part of the Teen Army Family Action Plan Conference, to be held Feb. 26 at the Youth Services Building, Cushing Street.

Issue boxes for the Teen AFAP Conference have been distributed and delegate volunteers are needed now. Teen delegate training will be conducted at 6 p.m., Feb. 24 at Murr Community Center.

For information, call 533-3027 or 533-3686.

The AFAP Conference will be held Mar. 1 - 3 at the NCO Academy, Ice Hall, Fort Huachuca.

AFAP issue boxes have been distributed throughout the post, and forms are available at these boxes. Everyone is encouraged to participate by completing one of these forms.

Volunteers are needed as delegates, in hospitality and other areas for the conference. Delegate training for the AFAP Conference will be conducted Feb. 17, 22, 23 and 24 at Murr Community Center.

If you are interested in making a difference, plan now to participate in one of the AFAP conferences. Call Cheryl Patterson at 533-3686 to volunteer or for more information.

Fort Huachuca will host Armed Forces Boxing Feb. 16, 17, 19 at BFH

Armed Forces Boxing is coming to Barnes Field House, Feb. 16, 17 and 19. Doors open at 6 p.m., and the bouts start at 7 p.m., Feb. 16 and 17. Championship Night, Feb. 19, doors open at 5 p.m. and bouts start at 7 p.m.

The best boxers from each branch of the military, including the Army, Air Force, Navy and Marines will compete in the 2005 Armed Forces Championships.

Admission to Armed Forces Boxing is free to all active duty military personnel.

Tickets for the general public will be on sale at the door only before each night's competition.

General seating tickets are \$5 for Feb. 16 and 17. For championship night, the cost is \$8. Children 8 and under will be admitted free.

For more information, call 533-5031.



Fort Huachuca Directorate of Morale, Welfare & Recreation

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German, at 538-0836 or send an e-mail to Paula.German@hua.army.mil or visit us on the Web at mwrhuachuca.com.

The Scout TimeOut



Movies

White Noise plays at 7 p.m. Saturday at Cochise Theater. For the complete listing of this week's movies, see Page 28.

Sidewinders hang out with local kids

BY SPC. JOY PARIANTE
SCOUT STAFF

Fort Huachuca and Sierra Vista little leaguers are getting plenty of practice in the off season. First the Arizona Diamondbacks, a Major League Baseball team, visited the Youth Services Center on Jan. 21, and then on Feb. 9 the Tucson Sidewinders, a Triple A team, visited Herrar Field to meet, greet and train.

The Sidewinders Winter Caravan rolled onto post to thank the Fort Huachuca community for their support, said Sergio Pedroza, director of community relations for the Sidewinders.

Despite the cold wind blowing, everyone was in good spirits and ready to play ball. "We're

out here to have fun, and keep warm," joked outfielder Doug DeVore.

Local kids got the chance to toss the ball around and watch some of their favorite Triple A players hit home runs in their hometown. "Any opportunity for us to hang out with the kids is great for us," said Lorenzo Bundy, Sidewinders' hitting coach.

The players were also on hand for autographs, not only for the little ones at the field but for Fort Huachuca advanced individual training Soldiers at Yardley Dining Facility.

"Whenever you get to interact with baseball fans, it's great," DeVore said.

"It's [the Winter Caravan] an excellent way for the Sidewinders to reach out and give back to the southern Arizona community," said Rick Par, general manager of the Sidewinders.

"The Sidewinders wouldn't be as successful as they are without southern Arizona's support," said Landon Q. Vincent, media relations

for the Sidewinders.

And it's also a win-win situation, Pedroza explained. The Fort Huachuca family gets to know the players face to face and the players get to personally thank the Fort Huachuca family for their support, he explained.

This is the outreach program's second visit to Fort Huachuca. "Both occasions have been fantastic," Pedroza said. "The reception, the hospitality, the support we get from the Fort Huachuca community really inspires all of us."

"The Tucson Sidewinders have the utmost respect for all the military does for this country," Par said. "The Caravan is just a small token of our appreciation to the military and their family members."

The Sidewinders also look forward to showing some more military appreciation on June 17th for their Military Appreciation Night at Tucson Electric Park where service members watch the game for free.



Photo by Elizabeth Davie

Sidewinders pitcher Jason Bulger signs an autograph for Jacob Cecil, 8 Feb. 9 at Herrar Field on post.

Doc brings talent for swimming to dusty land

BY SPC. SUSAN REDWINE
SCOUT STAFF



Photo by Elizabeth Davie

Col. Ted Hammond a prosthodontist at Runion Dental Clinic competes in the Senior Olympics Jan. 14 at The Cove in Sierra Vista.

Southern Arizona is known for sun and sand, but not water. That doesn't keep Col. Ted Hammond, a prosthodontist at Runion Dental Clinic, out of the water.

Hammond, 51, and a nationally-ranked swimmer, has shared pool-time with Olympians. He's listed as the No. 8 fastest swimmer in his age group for the 50-yard freestyle, No. 10 in the 100-yard freestyle, No. 6 in the 1650-yard freestyle, No. 9 in the 50-yard butterfly and No. 11 in the 100-yard butterfly for 2004 on the U.S. Masters Swimming Web site, www.usms.org.

"He just has an unbelievable gift," said Serene Hammond, Ted's wife of 21 years. "It's amazing, truly amazing."

Even though he has a natural talent for swimming, Hammond said he only does it to stay in shape.

"If I did it to compete, I would have quit a long time ago," he said. "That burns you out as a way of life."

When stationed at Fort Richardson, Alaska, Hammond said he found it too difficult to run on the icy roads during the many months of darkness. He reluctantly turned to swimming after 20 years of never getting in the pool.

"I got to where I hated it," said Hammond, who had been a competitive swimmer in college. The college training, which was twice a day in addition to the heavy course-load that was needed to get into dental school, left him constantly exhausted and drained, he said.

See **SWIMMER**, Page 29

huachuca-www.army.mil

11th Sig. slams 40th Sig.

SPC. MARCUS BUTLER
SCOUT STAFF

Basketball action kicked off with a thriller between Headquarters and Headquarters Company with 11th Signal Company barely sliding past Headquarters and Headquarters Company, 40th Signal Company.

The game began with 11th Signal controlling the opening tip but that was about it. Things were so even matched in the early goings of the first half that neither team could seem to pull away.

It wasn't until 11th Signal scored eight unanswered points via four fast-break lay-ups that one team established any control of the game.

Then with the score at 22 – 14, 11th Signal's shooting streak went cold. 40th Signal, with less than a minute left, went on a 6 – 0 run to close the lead to two at the half.

The game resumed with 40th Signal picking up where the half ended by scoring another nine unanswered points.

Undiscouraged, 11th Signal settled

down and ran a series of set offenses producing a pair of big three pointers by Marques Wash.

With time running out, 40th Signal Eric Luster drove to the basket, made the bucket and drew the foul. The score was now 39 – 38, 40th Signal.

Luster missed the free throw and, 11th Signal grabbed the rebound and walked the ball up court. There was less than a minute remaining when Wash jacked up a three pointer that clanged off the front of the rim. Both teams scrambled for the ball and, 11th Signal regained control.

With less than 30 seconds left, Wash drove to the free throw line and launched a shot that hit nothing but net, putting 11th up by one.

40th Signal called a timeout to regroup and draw up one last play.

From the inbound pass, Randy White came off of a screen behind the three-point line and throw up a prayer that was not to be. The shot fell short.

The final score was 11th Signal, 40 and 40th Signal, 39. 11th Signal moved to 5 – 3 and 40th Signal fell to 4 – 4.

Next on the court was a match-up between Alpha Company, 305th Military Intelligence (3-5) and Headquarters and Headquarters Company, 111th Military Intelligence A (4-4).

The game began with a very, very slow pace and stayed scoreless for its opening minutes until a 305th player made one of his two free throws. Finally, the 305th showed some life by sinking a lay-up.

This woke up the 111th players who responded by making an 8 – 0 run to bring the score to 8 – 3 with 5:32 left in the first half.

Two quick lay-ups by the 305th cut into the lead to 10 – 9 with less than a minute left. But that's as far as the score went in the first half.

The second half started just as slowly as the game began with both teams going scoreless for the first five minutes.

305th then went on a run, scoring 10 unanswered points, forcing 111th to call a timeout.

111th finally scored six minutes in to the second half to break their drought with two big threes bringing them within two points of 305th.

305th responded by pushing their lead to five, and then tried to hold the ball to kill the clock with 43.8 seconds left in the game. This strategy was challenged several times by 111th which managed to steal the ball and drive for scores several times.

305th secured their win by making a pair of clutch free throws escaping with a win by a score of 29 – 28. The final game between No. 2 ranked Network



Alfonzo Gonzales drives past a 305th defender to a fast break lay-up



Photos by Spc. Marcus Butler

Wilkerson from A, 305th, shoots a baseline jump shot over the outstretched hands of Hixon.

Enterprising Technology Command and No. 12 ranked Medical Department Activity, Team 1, showed why NETCOM has been one of the league's best teams.

From the tip, NETCOM dominated the tempo of the game, taking the lead 10 – 4, with less than 1:30 minutes running off of the clock.

Continuing to build on their lead NETCOM pushed it to 17 with only seconds left in the first half. MEDDAC finally scored, breaking a NETCOM 26 – 0 run to end the half.

Coming out in the second half, MEDDAC tried to get back into the game around by scoring five unanswered points, but NETCOM came right back and scored nine straight.

With a 24 point lead, NETCOM put the game on cruise control and just rode it out. MEDDAC team 1 never even got close.

The final score was NETCOM 52, and MEDDAC team 1 28. NETCOM moved to 9 – 1 and MEDDAC team 1 fell to 5 – 5.

Arizona Tourist Caverns, quite a sight to see

BY ELIZABETH DAVIE
SCOUT STAFF

What was once just a drop of water is now an amazing, living cave just off post.

Kartchner Caverns was first discovered by Gary Tenen and Randy Tufts in November 1974. It was not until February 1978 that the property owners were told about the discovery. The cave became public knowledge in 1988 when its purchase was approved as an Arizona State Park.

According to www.pr.atate.az.us.com, this all began with a drop of water. A shallow sea covered this area 330 million years ago, depositing layers of sediment that hardened into limestone and created the breathtaking formations.

The cave boasts many different formations such as one of the world's longest soda straw stalactites measuring 21 feet 2 inches, the tallest and most massive column in Arizona measuring 58 feet, The world's most extensive formation of brushite moonmilk, the first reported occurrence of "turnip" shields, the first cave occurrence of "bird's nest" needle quartz formations and many other unusual formations.

The oldest known formation in the Big Room, the main attraction, is 196,000 years old. It is estimated the cave formed within 13,000 years. Tenen says he doesn't believe humans have a comprehension of how long that really is.

If broken, vandalized or even touched, the formations in the cave would be damaged forever, Tenen said.

Tufts once described the living cave as a place where "the water and stone continue their artistry. Ninety percent of the cave is alive and its formations are still growing."

The Rotunda-Throne Room has been open to the public for tours since 1999 and the Big Room has only been open to the public since November 2003.

The cave averages 68 degrees and 98 percent humidity year round.



The Rotunda/Throne room is available for tours year round. On a tour of this room visitors will see some of the smallest formations found in the cave as well as the largest column in Arizona. If visitors

look close enough they can actually see water dripping off some of the formations.

The Big Room is available for tours Oct. 15- April 15. With this tour you can actually stand where the discoverers first entered the cave. The Big Room tour is a longer and more physically challenging tour. Children 6 and under are not allowed on this tour.

The park is open seven days a week 7:30 a.m. to 6 pm. The park entrance fee is \$5 per car. The Rotunda/Throne Room tour is \$18.95 for 14 and up and \$9.95 for ages 7-13. Children 6 and under are free.

The Big Room is \$22.95 for adults and \$12.95 for ages 7-13. No children 6 or under.

For more information, visit www.pr.az.us or call (520) 586-CAVE.

Camping and hiking trails are also available.

For those willing to travel out of the area, the Grand Canyon Caverns are a great visit. These caves are a



natural limestone cavern 210 feet underground. Visitors enter and leave the caverns through an elevator.

Grand Canyon Caverns offers three different tours. The Great Regular Tour which is \$12.95 for adults and \$9.95 children 4 to 12. The New Flashlight Tour that is \$14.95 for adults and \$9.95 for children 4 to 12. In Explorers Tour, visitors go off the trail and into room only accessible this way. The price for this tour is \$44.95 per person for groups from 2-6 in size.

For more information, visit www.gccaverns.com.



Photos by Elizabeth Davie

The Big Room has red coloration in many formations due to iron deposits.

Arizona hunter safety class

Classes will be held Today, Tuesday and Feb. 17, 22, 24, and 25th from 6-9pm and the field day Feb. 26 from 8-12 noon. Attendance at all classes is mandatory. Location is the Sheriff's Department Classroom at the corner of South Highway 92 and Foot-hills Drive. Cost is \$5 per person and pre-registration is required. For information or to registration, call 459-0607.

Ponytail league

Sierra Vista Ponytail Softball League is registering girls, ages 5 - 18, from 10 a.m. to 2 p.m. Saturday at Big '5' and the Fort Huachuca Youth Center. Fees range from \$45 - \$60 depending on age.

For more information, call Lora Otero at 378-6236 or Judy Gustavson at 378-2024.

The league is also looking for volunteers to be coaches and assistant coaches.

Coaches' meeting for intramural soccer

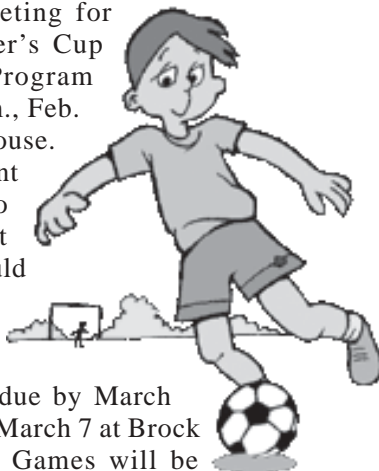
The coaches' meeting for the 2005 Commander's Cup Intramural Soccer Program will be held at 10 a.m., Feb. 22, at Barnes Field House.

All letters of intent for units wanting to enter a team are due at that time. Letters should include: coach's name, duty phone and e-mail address,

Team rosters are due by March 3. The season begins March 7 at Brock and Bujalski Fields. Games will be played at 6, 7 and 8 p.m., Monday through Thursday.

This is a recreational program, open to all authorized MWR patrons.

For more information, call Tom Lumley at 533-5031 or e-mail thomas.lumley@hua.army.mil.



Free amusement park admission

The "Heroes Salute" program is offering free single-day admission to SeaWorld and Busch Gardens parks to active duty military, active reservists, U.S. Coast Guard, National Guardsmen and as many as three direct dependents beginning Feb. 7 through Dec. 31. Servicemembers need only register, either online at <http://www.herosalute.com/> or in the entrance plaza of participating parks, and show a Department of Defense photo ID.

Recruiting volunteers

Coronado National Memorial is currently seeking volunteers for the Spring Environmental Education programs.

The popular hands-on program and activities are provided to 4th grade students from Sierra Vista, Bisbee and surrounding area schools. The curriculum primarily fo-

cuses on the cultural and natural resources significant to the memorial. The program will take place at the memorial's picnic grounds 9 a.m. - noon each Friday March through May. For more information, call Maggie Daly at 366-5515.

FHCSC Scholarship

The Fort Huachuca Community Spouses' Club is offering scholarships to graduating high school seniors and adults in continuing education. Eligibility is limited to children of DoD civilians assigned to Fort Huachuca, to natural born or legally adopted children of active duty U. S. military members, to children of deceased military while on active duty or of retired military living in Cochise County. Adults continuing their education must be spouses of U. S. civilians assigned to Fort Huachuca. Also included are dependent children, of the above mentioned, until their 23rd birthday.

Scholarships for high school seniors are available now through the counselor's office at participating high schools. Eligible seniors and adults may also pick up applications at the Post Library, the Sierra Vista Public Library, the Fort Huachuca Education Center, and the financial aid offices of Cochise College and the University of Arizona South campus in Sierra Vista.

The deadline for submitting scholarship applications is March, 18 and should be mailed to the FHCSC, PO Box 12202, Fort Huachuca, AZ 85670. For more information or additional scholarship applications, call 439-4402.

eArmyU

Electronic Army University is now available to enlisted Soldiers. Soldiers can begin or complete their college degree taking online courses. Two different options available. For more information, call the eArmyU representative at 533-1019 or a counselor at 533-3010.



Pet Of The Week



Elvira is a 4-year-old spayed Pitbull mix.



Bonita is a 7-month-old, black lab mix.

These animals and more are available for adoption from the Fort Huachuca Veterinary Treatment Facility. For more information, call 533-2767 or visit forthuachucapetfinder.com. In accordance with Army regulation stray animals are kept for three working days to find an owner. After three days, they are either placed up for adoption or humanely euthanized. Strays are available for adoption for 30 days until they are euthanized.

At The Movies

Showing at the Cochise Theater for the next week are:

Today -7 p.m.

The Life Aquatic With Steve Zissou

R

Friday -7 p.m.

Fat Albert
PG

Saturday -7 p.m.

White Noise
PG-13

Sunday -2 p.m.

Special Showing

Monday - Wednesday

Closed

Reduced prices on Thursday evening and Sunday matinees.

Watch CAC

For the latest news in the Fort Huachuca community as well as all of your military branches worldwide, the Commander's Access Channel (Channel 97) is your first and most reliable source. Tune in to our news block hours at four convenient times throughout the day. The Fort Report airs weekdays at 6 a.m., noon, 6 p.m. and 10 p.m. Army NewsWatch follows at 6:05 a.m., 12:05 p.m., 6:05 p.m. and 10:05 p.m. Catch Air Force TV News right after at 7 a.m., 1 p.m., 7 p.m. and 11 p.m. Be sure to top it all off with Navy/Marine Corps News at 7:30 a.m., 1:30 p.m., 7:30 p.m. and 11:30 p.m.

If you're interested in posting your message on the Commander's Channel, e-mail your request to channel97@hua.army.mil.



SWIMMER, from Page 23

Since running outside in the long Alaskan winter was both dangerous and dreary, and using a stationary bike or stair machine at the gym required a lengthy wait in line, Hammond got back in the pool. Now he swims every morning before work, and has been doing so for the last five years.

Serene said she was impressed that he could still be such a good swimmer after so many years out of the water.

"It amazes me that he can always be good," she said.

Diligent practice isn't the only thing that gives Hammond the edge. He also watches videos and reads books to help improve his swimming technique. Some of what he's learned, in addition to the physical conditioning swimming offers has carried over into other aspects of his life.

He said he only runs twice per year, for the Army Physical Fitness Test, and gets the maximum score every time because of strategy he's developed by studying swimming. With his physician's mind, he was able to understand how to conserve his energy at the beginning of the run by not going so fast so that he uses it more efficiently, an idea he got from his extensive reading on swimming,

he said. Additionally, swimming has helped him become a better hiker, which is a hobby that sometimes surpasses swimming, Hammond said.

When it comes time for important competitions, Hammond gets into a more serious training mode.

"For months before that [a national meet], you put the petal to the metal," Hammond said.

"Everything is about the meet. It has to be that way."

"He's obsessive about it at times when he's getting ready for a meet," Serene said. "It drives me nuts."

"His whole life is focused on swimming when a meet comes up."

Although it might be difficult to put up with the intensely-focused individual that Hammond can be, Serene said she does her best to help him by giving the time and space he needs to train, as well as buying and preparing healthy foods.

However, because athletic performance can depend so much on attitude, perhaps it's maturity that allows Hammond to compete more effectively these days.

"It's all fun, no stress," Hammond said. "If you're good, that's wonderful. If you're not good, that's OK."

"He doesn't lose much," Serene said.



Photo by Spc. Susan Redwine

Col. Ted Hammond sits in his office where he displays many of his awards.

"But it doesn't matter if he wins or loses. That doesn't matter to him. He always wants to beat his best times."

"There's always people better than you," he said. "You learn to accept that as you get older."